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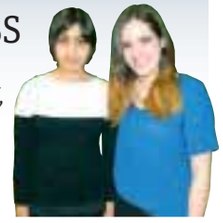
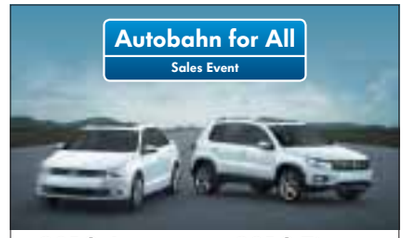
GIRLS IN PROGRESS

AS THE WORLD CELEBRATES INTERNATIONAL WOMEN'S DAY, CANADIAN GIRLS REFLECT ON THEIR WISH LIST FOR EQUALITY AND WHY THE DAY STILL MATTERS PAGE 6





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Is generation shift the key?

One of these three candidates, from left, Cam Broten, Trent Wotherspoon and Ryan Meili, will be named the new leader of the Saskatchewan NDP on Saturday.

PHOTOS: METRO FILE; ILLUSTRATION: DAVID VAN DYKE/METRO

Rebuilding starts here. Whoever wins Saturday's vote, the Saskatchewan New Democrats will have a new, younger leader

After a crushing defeat that nearly wiped the party off the political map, the Saskatchewan NDP is about to pick a new leader to help it rebuild.

The party that Tommy Douglas founded is down to just nine of the 58 seats in the Saskatchewan legislature and desperately needs to find a way to reconnect with voters. Many think a younger, more energetic leader is the key.

"It's clear this is a chance for them to kind of shift to a new generation of leader," Jim Farney, a University of Regina political science professor, said in an interview with The Canadian Press.

"They're moving past kind of the (former premier Roy) Romanow generation of leadership and trying to sort out what that means."

Three men — Saskatoon MLA Cam Broten, Saskatoon doctor Ryan Meili and Regina MLA Trent Wotherspoon — are in the leadership race that will conclude with a vote Saturday at the party's convention in Saskatoon.

All of the candidates are under the age of 40 — Broten is 34, Meili is 37 and Wotherspoon is 33 — and more than two decades younger than former NDP leader Dwain Lingenfelter, who was 60 when he took the helm of the party in 2009.

Farney says that generational shift is important for the NDP to mount a credible challenge to Brad Wall, a popular premier whose Saskatchewan Party captured 64 per cent of the vote in the 2011 provincial election. Wall is 47.

"It's important in just optics terms, but I think it's also important in terms of policy," said Farney.

"I think everybody's agreed that Saskatchewan's changed a lot in the last 10 years.

"The NDP needs, I think, to kind of embrace the optimism that Wall has captured, to embrace the kind of Saskatchewan (that) is moving onwards and upwards and all of that," he added.

THE CANADIAN PRESS

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Sask. building permits rise 66.7% in January

Construction boom continues. Experts expect the growth to continue for rest of 2013

ROSS ROMANIUK
ross.romaniuk@metronews.ca

Amid a flurry of work on new office and condominium towers, Saskatchewan's construction sector is definitely looking up.

And after a 66.7 per cent rise in the number of building permits in the province between December and January, Robert Hubick of the Regina Construction Association expects the boom to go on for some time.

"I don't think it's going to slow down at all," Hubick, the association's "buildsask" director of construction information services, said Thursday.

"It's great for the province and great for the city."

Residential construction grew by about 50 per cent in Saskatchewan from December to January, while building in commercial and other kinds of properties increased by 115.7 per cent during that period, according to Statistics Canada.

"On the residential side, just in condominiums and apartment buildings, there's a lot of it happening across the province — and a lot in Regina," Hubick said, noting a few projects in the Queen City's central districts.

"The biggest challenge we're finding in the industry is labour. Some projects are put on hold ... if you can't find enough people to do the work," he added.

"What's happening, too, is that because there's a shortage of manpower and there's so much work for them, prices are ... starting to go through the roof."

Economy Minister Bill Boyd said the construction "goes hand-in-hand" with a strong economy.

"It is a clear indication that Saskatchewan's record growth and prosperity is continuing into 2013," Boyd said.

Robert Hubick of the Regina Construction Association says the heightened building activity is good news for Saskatchewan. ROSS ROMANIUK/METRO

Wall touts our green reputation on U.S. visit

Premier Brad Wall says Canada hasn't done a good job promoting the Keystone XL pipeline as he embarked Thursday upon a full court press in the U.S. capital to extol the virtues of the controversial project by lauding Canada's green credentials.

"We should have been doing a better job in this country, in this city," he said.

Canadian officials should have been telling their American counterparts: "Here's the economic case, here's the energy security and oh, by the way, we care about the environment and here's what we're doing with respect to the environmental piece of this," Wall said.

Both countries take the relationship for granted at times, he added, a state of affairs that's caused Keystone XL opposition to become a bigger problem for the Obama administration than necessary.

Canada-U.S. relations need a "little extra tending" on several fronts, Wall said, particularly regarding trade and energy issues.

"Like a long-lasting marriage, it's important to have a date night," he said during a breakfast meeting on Capitol Hill.

Wall is just the latest Canadian politician to head stateside to make the case for the $7.6 billion pipeline, a project that would carry millions of barrels of oilsands bitumen a week through six U.S. states to Gulf Coast refineries.

Joe Oliver, the natural resources minister, was in Chicago and Houston this week to make a similar pitch, while Alberta Premier Alison Redford was also in D.C. recently. Foreign Affairs Minister John Baird met with Secretary of State John Kerry a month ago.

THE CANADIAN PRESS

Dementia. Pierre Trudeau chose death from cancer over losing his mind: Book

Pierre Trudeau's guiding motto in politics was "reason over passion." In the end, it seems, he chose reason over life.

A newly released e-book from the Ottawa bureau chief for the Huffington Post reveals Trudeau refused treatment for advanced prostate cancer rather than lose his famously sharp mind to dementia.

Pierre Trudeau THE CANADIAN PRESS

Justin Trudeau himself does not dispute the account by Althia Raj in Contender: The Justin Trudeau Story, which suggests his father made the decision about six months prior to his death in September 2000.

"It was fairly clear that he was very much at peace with the end of his life approaching," he said. THE CANADIAN PRESS

Journalist killed

Supreme Court weighs suing Iran

The Supreme Court of Canada will decide whether the son of the murdered Canadian photojournalist Zahra Kazemi can sue the Iranian government.

The high court has agreed to hear an appeal from Kazemi's son Stephan Hashemi, who argues he has the right to sue the Iranian government for allegedly killing his mother and failing to return her body.

In 2003, Kazemi was taking pictures of protesters in Tehran. Kazemi was detained, tortured and raped in prison. THE CANADIAN PRESS

Justice system thoroughly failing aboriginals: Report

Correctional investigator Howard Sapers speaks on the findings of a special report tabled in Parliament. SEAN KILPATRICK/THE CANADIAN PRESS

Quarter of all prisoners. Transfer provisions for aboriginals rarely used

Aboriginal offenders make up one quarter of Canada's prison population and are being left behind bars far longer than non-aboriginals, says a special report from the country's correctional investigator.

The report by Howard Sapers, tabled Thursday in the House of Commons, chastises the government not only for how it deals with aboriginals behind bars but also for failing to keep them out of jail.

'Discrimination'

"This is an appalling example of the discrimination against indigenous people in this country."

Josh Paterson, director of the BC Civil Liberties Association

Aboriginal-specific provisions in the justice system are chronically underfunded, says the report. It's a problem that's been ignored and allowed to worsen ever since the Corrections and Conditional Release Act of 1992, said Sapers.

Sections 81 and 84 of the law allow the public safety minister to transfer aboriginal inmates to community facilities and to so-called healing lodges, but that power is not being properly used, the report concludes.

The landmark report found that just four agreements have been reached between the federal government and aboriginal communities to allow for Section 81 transfer of inmates.

Healing lodges receive only a fraction of the funding made available to similar facilities.

Justice Minister Rob Nicholson responded by saying the government has bolstered spending on anti-crime programs, including the Northern Aboriginal Crime Prevention Fund. THE CANADIAN PRESS

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We've made enormous strides in creating a Canada that honours, respects and supports women. That said, not all the battles have been won. Equal pay for work of equal value is not a universal truth, women are still not equally represented in business and politics and UN Women describes violence against women around the globe as a hidden epidemic. Today is International Women's Day, a day to celebrate women's achievements and a day to join millions of people around the world working to make good on a simple promise: a future for women and girls that is safe, healthy and rewarding.

Go Girls actively nurtures confidence and leadership

Mentorship. Big Sisters after-school program teaches girls not to be afraid of who they are

JENNIFER MELO
For Metro

Something cool happens after school in Toronto and its inner suburbs. Girls join forces to encourage health, self-esteem, confidence and leadership.

Go Girls! Healthy Bodies, Healthy Minds is a group-mentoring program that unites Big Sisters of Toronto and girls, ages 10 to 14. Once a shy newcomer to Go Girls, Grade 7 student Sadhaf, 12, is now a junior mentor in the program and advises Grade 6 girls in sessions. Get ready for some girl talk with Sadhaf and Big Sister mentor Monica Scanlan, 23.

Monica Scanlan, left, and Sadhaf want all women to feel proud on International Women's Day. JENNIFER MELO/FOR METRO

Sadhaf and Monica strike a tree lotus pose. JENNIFER MELO/FOR METRO

What's your wish for International Women's Day?

S: In every country, for a girl to have a chance to do what they want to do. Girls should try out something new, even if it's different. Even if anyone thinks it's weird. They should try and do what they think is best.

M: For any girl, all over the world, to be able to be proud in the person they are and be proud of being a woman. And being able to love themselves ... being able to not criticize themselves for a day and just focusing on the things they have to be proud of.

How can girls and women support one another?

M: Embrace one another's differences. Avoid competition and comparing ourselves to one another. You should be working together as a team and rooting for one another — taking joy in another woman's success, as opposed to being jealous or bitter about it.

What's the value of having a female mentor?

S: If it's a girl, then they'll understand more of your questions. She'll probably give out more advice.

M: A female role model is someone that you can probably more easily relate to and can aspire to be like.

What makes Go Girls special?

S: It teaches girls to always be themselves, to gain confidence and not to be scared of who they are.

What lessons did you learn from the program?

S: I learned how to receive a girl's heart. I learned how to gain their friendship.

M: Every girl has something so unique to offer. And they bring something valuable to the group environment and to their friendships.

TO LEARN MORE ABOUT THE CANADA-WIDE PROGRAM, TO SIGN UP AS A MENTOR OR OFFER SPONSORSHIP, SEARCH GO GIRLS AT BIGBROTHERSBIGSISTERS.CA

Watch Status Quo? and see why feminism ain't dead

"We've been so quick to proclaim that 'feminism is dead' while countless women continue to fight against barriers," says Karen Cho, director of Status Quo? The Unfinished Business of Feminism in Canada. Watch the full film this weekend only at metronews.ca. NATIONAL FILM BOARD OF CANADA

Essay

The other F word

DELIA MACPHERSON
For Metro Canada

Feminism:
• the advocacy of women's rights on the ground of the equality of the sexes. — Oxford English Dictionary (and Google)

There's a perception among the younger generation that feminism has come and gone. Speeches were made, bras were burned and somewhere in the aftermath equality happened.

My younger brother, a 19-year-old first-year university student, is a feminist by every definition of the word. But he would never call himself one.

Like most educated Canadian youth, he not only believes, but knows, that men and women are equal in every right, with the exception of maybe physical strength But does it matter if he knows he's a feminist?

As my mother says, "You kids take it for granted," referring not only to a lack of understanding but also the general apathy toward the entire issue of woman's rights and equality.

Part of the non-chalent attitude of youth may be due to the media, where the line between sexist and empowering is not always clear.

Films that depict violence against women are praised. Angelina Jolie's character in Tomb Raider is perceived to be an empowered woman. In reality the plot consists of her working through a tired trunk full of daddy issues in skimpy clothing. Not to mention she says nothing intelligent in the entire flick.

Depending on your views, Jolie's character could be taken as either empowering or sexist.

Or if you're anything like my brother, it would be neither. The thought would never have occurred to him.

Why worry or think about sexism in a world where women and men are equal?

In lean times, startups are an attractive choice for new grads

Jobless generation. Canadian youth view entrepreneurship as a way to replace jobs that have all but disappeared since 2008 recession

TAKARA SMALL
takara.small@metronews.ca

Alkarim Nasser has come a long way from his humble beginnings in a cramped office shared with four others in downtown Toronto.

The 27-year-old co-founder of BNOTION, which produces web and mobile applications, spent most of his early days as an entrepreneur hunched over a laptop scanning Craigslist ads for new clients.

"We saw it as low-hanging fruit and hadn't yet created a name for ourselves" he says. The company, which he helped start after graduating from Seneca College, now boasts a dozen clients including Johnson & Johnson and Samsung.

Stories such as Nasser's weren't unusual at DX3, a digital conference held Thursday in Toronto. They're likely to become more commonplace as Canadian youth look to entrepreneurship to replace jobs that have all but disappeared in recent years.

According to the Canadian Youth Business Foundation, 52,795 people aged 15 to 39 started their own business in 2011 and that number is only expected to grow.

The 2008 recession proved devastating for youth seeking work in this country. The stubbornly high unemployment rate for those aged 15 to 24 is double the national average, forcing a jobless generation who face lower wages to look elsewhere for opportunities.

Nicholas Wiktorczyk, co-founder of Spently, a cloud-based service that provides interactive email receipts, works on new orders at the 2013 DX3 conference in Toronto on Thursday. TAKARA SMALL/METRO

Rebecca Basi, 23, sees working for startups as the most viable option for ambitious youth. The marketing coordinator for Plastic Mobile, a startup that creates mobile applications, was at DX3 to meet new clients and network. Initially, she turned to small firms to pad her resumé but now can't see herself working for anyone but startups.

"I feel like if I were to work for a bigger company I would end up having less responsibility and not collaborate with others as much as I do now. Startups give me the ability to be more creative, hands-on."

Online

Visit metronews.ca for more tips from entrepreneurs who attended DX3.

Startup secrets

- "Tell everyone what you're doing. Entrepreneurs want to keep everything a secret because they're afraid someone will steal it, but no one will because (in the early stages) it sucks. Get feedback from friends, family, and strangers to turn it into a real business."
  — Nicholas Wiktorczyk, co-founder of Spently, a cloud-based service that provides interactive email receipts
- "Simple: don't overthink it or you'll never get started. If you're too scared you'll never end up doing anything."
  — Ethan Do, founder of OverAir, a wireless technology firm
- "No amount of schooling will teach you how to start a company. You just need to do it. It's not a science where there is a yes or no answer."
  — Adam Jarczyn, co-founder and CEO of online shopping app Hovr.it

Feds to auction wireless spectrum

Ottawa is putting highly sought-after spectrum for wireless devices on the auction block later this year in the hopes of fetching at least $900 million — but likely much more.

The Conservative government is aiming to have at least four wireless players in every region of the country in a bid to help upstarts grab a piece of a market that has been dominated by big companies such as Rogers, Bell and Telus.

"Today, our government is implementing four distinct measures to ensure that Canadian consumers continue to benefit from more choice in the wireless (sector)," Industry Minister Christian Paradis said Thursday as he announced the Nov. 19 start date for the auction.

Not a bad haul

$4.3B

The government raised nearly $4.3 billion in its last spectrum auction in 2008.

The 700-megahertz wireless spectrum, which is up for auction, is considered ideal for use by new high-speed networks in high-density urban areas and in rural Canada.

It has the ability to allow cellphone calls in elevators, deep in underground parking lots and in tunnels in big cities, and in basements and attics in suburban areas. It also provides better and more affordable coverage in rural Canada because fewer cellphone towers are needed to provide coverage.

At minimum, Ottawa wants to raise $897,294,000, but the auction is widely expected to fetch potentially billions of dollars. THE CANADIAN PRESS

Market Minute

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Airport security

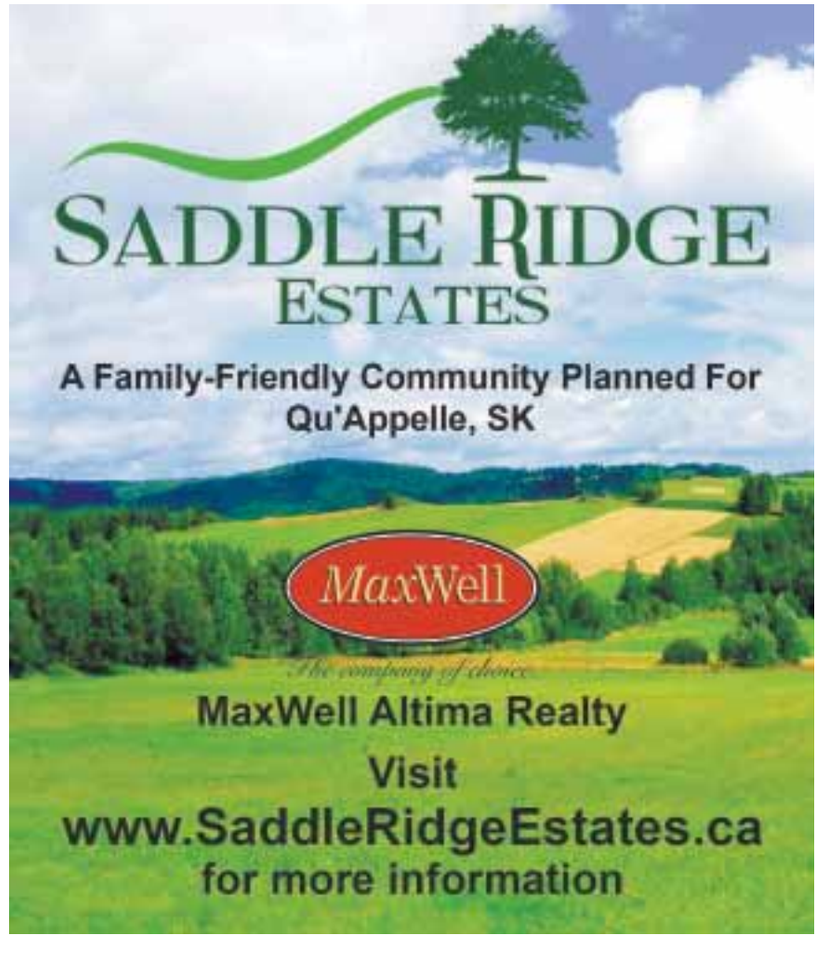
DHS must release report on scanner safety, judge says

A U.S. federal judge has ruled that the Department of Homeland Security must release two safety reports it conducted in the 2000s evaluating the radiation safety of body-scanning machines. He ruled Thursday that the agency improperly withheld 2006 and 2008 reports in response to a Freedom of Information Act request. THE ASSOCIATED PRESS

Spring cleaning

Facebook revamp aims to de-clutter News Feed

Facebook is trying to breathe new life into its social network with a redesign of its News Feed. Amid complaints the site has become a jumble of monotonous musings and random pictures, the overhaul, which began rolling out Thursday, offers controls that allow users to create streams of photos and other material in organized sections. THE ASSOCIATED PRESS



THE NOT-SO-SWIFT RESPONSE

The List

Mike Benhaim
metronews.ca

1 **Keeping the crown.** Queen Elizabeth II was released from hospital this week after having a stomach infection. The 86-year-old monarch still maintains a demanding schedule, and when asked if she might retire, sources say she chugged back a pint of Guinness and said, "What? And leave things to that putz, Charles?" OK, there were no real sources, but I like to think that's what happened.

2 **Milk and honeys.** Playboy launched the first Hebrew edition of their magazine this week with domestic content including articles by native writers and actual Israeli models. Adult material has always been available in Israel, but never in the holy language. Jewish and Muslim groups both observe strict rules of modesty so newsstand shelves will be covered with a sheet.

3 **An email for your thoughts.** An Orwellian prophecy is materializing in Brazil where the actual thoughts of a rat were recorded by electric sensors, and emailed to another in the United States. The rodent receiving the "brain link" amazingly began mimicking the behaviour of his South American cousin. Scientists believe that this may explain the popularity of Snooki and J-Woww.

4 **To boldy go...** Until recently, the Inspiration Mars Foundation team planning the 2018 voyage was perplexed with the dangers of radiation exposure from cosmic rays, but now, they may have a solution. Chief technology officer Taber MacCallum recently announced that human waste can be used as shielding because it contains more nuclei per volume than metal. So the two-person crew will recycle their own "emissions" which will then be stored in bags to line the capsule, clarifying orders to "get their s--t together."

5 **Swiftly dissed.** Taylor Swift resented the humour of hosts Amy Poehler and Tina Fey at last month's Golden Globes. They kidded her about staying away from Michael J. Fox's son, an usher that evening, meaning that she dates a lot and often from famous families. Not sure if I'm more annoyed that this offended her, or that it took her this long to get the joke.

6 **Thanks, eh?** The first Canadian Screen Awards aired on CBC last Sunday. The show combined two national television mainstays in the Gemini and Genie Awards. The show, hosted by Martin Short, was well-received but possessed the very same ingredient that alienated original audiences: Canadian content.

Follow The Metro List on Twitter @TheMetroList

ZOOM

A fire without a flame

PUTT SAKDHNAGOOL/SOLENT

Looks like cascading lava

For most of the year, the Horsetail Fall waterfall does not get much attention but for two weeks every spring it appears to turn into lava.

This phenomenon on the rock formation El Capitan in Yosemite National Park, Calif., is an optical effect produced by Earth's angle in relation to the sun and the geographical position of the waterfall. METRO

Man-made fires were tradition

In a bizarre summer-time ritual, rangers at Yosemite National Park used to actually create man-made "fire falls." From the 1870s, burning hot embers were dropped from the top of Glacier Point down to the valley below, a practice performed by several generations of owners at the Glacier Point Hotel. Fire falls were discontinued in 1968 over fire hazard concerns. METRO

Free fall

650

metres is the total height of Horsetail Falls.

Clickbait

Two scientists attempt to answer the age-old question: cookie or cream?

Oreo separating machine

Recently Oreo launched their Separator series online. The first webisode featured an engineer's separator machine that has already been seen more than 3.5 million times. The second episode is also picking up cream. Two Minnesota scientists developed a device that detaches the cream from the cookie and pops the two right in the user's mouth.

Twitter

@metropicks asked: If you were in charge of designing Facebook's News Feed, what features would it have? What would you block?

@StephanieChan: I'd block certain people from recklessly tagging you in posts. I don't want my attention drawn to someone's bad art or meme.

@RkNRollaAyatola: It would feature zero ads, zero app requests, zero game requests. It would look a lot like my @GooglePlus_Feed :D

@TristanCPDT: no more ads or 'sponsored' stories

@epickidneyfail: Ability to block games and game requests and "suggested pages" ads or "sponsored" stories.

Follow @metropicks and take part in our daily poll.

Letters

RE: Horse as the Main Course , published March 4

I was horrified by the article on profiling the growing market for horsemeat in Canada, from consumption to exportation.

The article made very brief mention about how the rearing and slaughtering of horses is humane, just like with cattle, which in my view was irresponsible and inaccurate reporting.

The author neglected to comment on the realities of meat production in our country: how intensive factory farms inflict unquantifiable pain and suffering to billions of non-human "food" animals each year.

Farming horses, or any animal, for human consumption is hugely wasteful, unethical and unnecessary to human health.

Jeff Szmyr, Toronto

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

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SIMPLE WAYS TO BURN CALORIES

You don't need fancy fitness clubs or expensive exercise programs to torch those calories, and it doesn't have to be complicated. Try some of these quick and easy ways to knock off extra calories.

If you're a walker, add in some sprinting. Short spurts of sprinting will wake up your walking workout, increase your calories burned by 100 or more – and get you finished faster! Set short goals for yourself – to the tree in the distance, to the next hydro pole, to the end of the intersection. Then increase intervals as your fitness improves.

Skipping is a fun way to shed calories – 100 calories or more for every 10 minutes you can skip. It's also a great way to keep your heart, lungs and bones strong. It's a pretty intense workout, so combine skipping with intervals of marching or twisting on the spot.

Trouble with your knees or suffering from sore feet? There are forms of exercise suitable for anyone. For most people with chronic problems like these, swimming is the best choice. Even if you don't know how to swim, walking in the pool is easy on the joints – the more you're submerged, the better the workout, so try and walk in water that's shoulder depth.

No time for a workout? You can still knock off some calories with daily activities. Skip the elevator and hike up the stairs at work. Keep your walking brisk – anytime you're walking, move as quickly as possible. Walk to the store and carry your groceries home instead of driving. Cut the grass or wash and vacuum floors – household chores are great calorie burners! Even laughing is a great way to knock off those calories – about 10 calories for every minute you laugh during the day.

Be mindful of how much time you spend sitting. Try and stay active even during times you might normally sit – walk while you talk on the phone, get up and move frequently while you're working at your desk, cut back on the number of hours you watch television and fill the time with active pursuits like walking the dog.

A BALL OF FUN AND FITNESS

Exercise balls – also called stability balls – are amazing fitness tools, and lots of fun to use, too. They're inexpensive and don't take up much space in your house or office.

Start by replacing the chair at your desk for periods of time each day with your exercise ball. Note: make sure you get the right size ball for your height. You should be able to sit with your feet flat and your knees at a 90-degree angle.

Unlike the name would suggest, when you sit on the ball, it's the instability that drives you into proper spinal posture, as that's the easiest position for staying balanced on the ball. Ultimately, this creates stronger core (back and abdominal) muscles and decreases back discomfort. And you can up the fun and fitness factor with a little bouncing around every now and then!

The unsteadiness of the ball adds more challenge to regular exercises too. To work your abs, lay on your back on the ball and do some sit-ups straight up and some twisting from side to side as you lift. Up your game and try this version: lay flat on the floor with the ball in your arms behind your head. As you sit, lift the arms and the legs and transfer the ball, placing it between your ankles; lay back down with the ball between your ankles, then repeat and transfer the ball back to your hands.

For arms, do push-ups resting your shins on the ball and placing your hands on the floor. Or try this one: sit on the ball with legs wide and feet flat and well forward. Place your palms on the ball behind and beside your hips; roll the ball forward until your arms are supporting your weight, then roll back.

Most fitness buffs want to add some cardio to their workout. On the ball, you can sit while you jog out your legs, lifting one knee at a time. Also try sitting jacks (jumping jack movements while you sit on the ball) and twisting (move arms to one side and legs to the other, then switch sides, while you bounce sitting on the ball). The beauty of this workout is the core work you get while your heart is pumping – and you're burning calories.

As always, make sure you finish up your workout with some stretching. Stand up holding the ball and tipping to each side for a great upper-body stretch. Lay on the ball on your stomach, touching the hands and feet to the floor; repeat on your back. Both positions are great stretches for core muscles. Sitting on the ball, place the outside ankle of one foot on the thigh of the opposite leg, then drop the upper body forward to stretch the hip. Sit on the floor and place heels on the ball as you lean forward to stretch the backs of the legs.

There are loads of other great ideas online to keep you "ball fit" – so grab a ball and give it a go!

Exercise balls are quite inexpensive to buy and range from about $10 to $20. They are available in a variety of colours from silver to hot pink and generally, can support someone up to 135 kg. Check out your local department store or fitness shop, or try the fitness equipment section of classified ads for a gently used exercise ball.

GET FIT ANYTIME, OR ANYWHERE

Most of us try and squeeze in exercise whenever we can. Whether it's early in the morning, during your lunch hour, right after work or later in the evening, here are some tips to help you get the most out of your workout.

Perhaps the easiest time of day to exercise is early morning, when most people feel energetic and alert. If getting up that extra hour early to exercise seems daunting, turn off the television and go to bed early enough to ensure you're getting eight hours of sleep with time to fit in exercise before work.

Next, find a workout that suits early-morning fitness. You may not feel like heading off to the gym, but heading out for a quick run while you listen to some favourite tunes , working out to your favourite exercise DVDs or stretching out with some yoga sun salutations might be just the right thing – simple, yet effective.

Enlist a friend or family member to join you for motivation. It's so much easier to get up and out in the morning with someone else who needs an exercise mate.

Finally, eat a good breakfast after you're done. Knowing there's a delicious, wholesome meal at the end of your workout will help keep you motivated – and get your day off to a healthy, nutritious start.

But what if you just can't pull it together in the morning? Then turn lunch time into power hour! If you're not close to gym, lunch hour is a great time to do a little walking, running, biking, inline or ice skating. Dial up the intensity so you can get a good workout in a shorter period of time.

They key to lunchtime fitness is organization. On workout days, be ready with everything you need: workout clothes, toiletries, a towel (if you plan to shower) and a lunch to eat at your desk after you're done (not before your workout). Have a lunch that's lower fat and easy to digest, and include a couple of nutritious snacks to eat late morning and mid-afternoon. Be sure to replenish your fluids by having water at your desk throughout the day.

Even if the day is over and dinner is behind you, you can fit in a workout. You may still have time to run to the gym (you can be sure the gym will be quiet at night!) or head out for a jog, but if the hour is late, there are plenty of ways to get fit at home. The easiest is to pop in a DVD, but noise might be a factor; if that's the case, keep it quiet and lower intensity – grab your earbuds and listen to some favourite tunes while you do some push-ups, sit-ups, planks, lunges and leg lifts. Use some hand weights if you have a pair on hand. And if you just don't feel like you've exercised without some cardio, run up and down the stairs or jog on the spot.

Maybe you want your evening workout to be calming and relaxing, in which case, consider yoga or Pilates – the strength and flexibility benefits are essential to a good fitness regimen. Regardless of which routine you choose for an evening workout, know that research suggests that exercising at night shouldn't interfere with your sleep. If you feel invigorated, just soak in a nice warm bath and have a hot cup of herbal tea or warm milk before heading off to bed.

So when is the BEST time to work out? The American Council on Exercise recommends that you should exercise whenever it feels best for you. Fitting exercise into your day at any time that works is the important thing.

FIVE FUN WORKOUTS TO TRY

Having trouble sticking to an exercise program? Shake up your routine and get fit with one of these trendy new workouts.

Dance workouts: Get lean and strong with a blast of cardio, dance style. From Zumba and belly dancing, to Bollywood and ballroom, dancing is a high-energy, heart-healthy way to burn calories.

Swing yoga: Hang from a silk parachute swing suspended from the ceiling. Then flip completely upside down and let the swing support you as you do a handstand. It's a great way to promote flexibility, mobility, circulation and relieve tension.

Boot camp: Sound scary?These gruelling workouts are hot, hot, hot when it comes to scorching calories and it's the ultimate when it comes to a good sweat, making it one of the most popular workouts out there.

Body weight training: No equipment needed, just the weight of your own body. It's back-to-basics resistance training like push-ups, sit-ups, planks, squats and pull-ups. A great way to get fit – and it's free!

Combo workouts: Yogalates (yoga + Pilates), Piloxing (Pilates + boxing), CycleAbs (cycling + abdominal exercises) and more – get efficient about exercise with programs that mix the benefits of your favourite workouts.

YOU JUST STICK THE BAR IN YOUR DRYER AND FORGET ABOUT IT
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Synopsis

In Dead Man Down, Colin Farrell plays Victor, right hand man to notorious crime lord Alphonse Hoyt (Terence Howard). When a close associate turns up dead with a note clenched in his fist and part of a picture stuffed in his mouth, Hoyt goes medieval on his enemies. Thus begins a twisty-turny story of revenge involving Victor, Alphonse and Beatrice (Noomi Rapace), a former beautician whose face was disfigured in a drunk driving accident. That's all the Reel Guys can say about the plot, however. Telling you anything more would take some of the punch away from the movie.

- Richard: ●●○○○
- Mark: ●●●○○

Colin Farrell plays right hand man to a crime lord in Dead Man Down. HANDOUT

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

Wrestling with reality

Dead Man Down. WWE Studios' recipe is just not right as they attempt to mix romance and revenge in a Colin Farrell fronted action flick

Richard: Mark, this new film from WWE Studios, has something for everyone. It's a new genre that mixes a revenge drama with a romantic subplot — complete with sweeping violin accompaniment. What to call it? A romrev? Maybe a romantic revenge? Either way I suppose it is an action flick for the guys with just enough romance to make it a date movie as well, but a revenge drama from WWE Studios should be about violence, not violins. Did you buy into the story?

Mark: The story was just a framework for the melancholic mood that suffuses the picture. A date movie for depressives, perhaps? Although the story takes place in New York City, the feel of it seems entirely European.

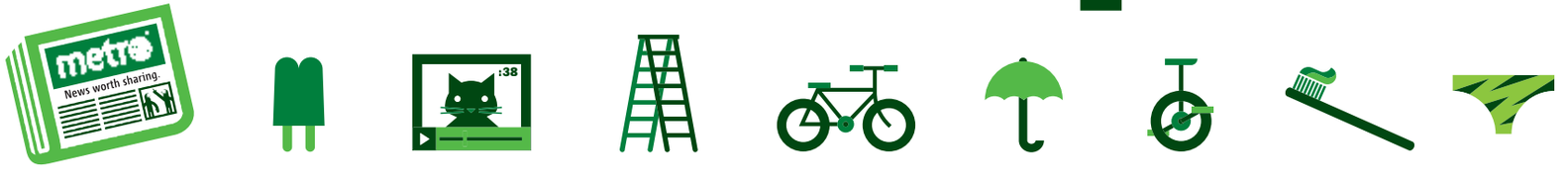
RC: The Euro style you noticed makes sense as the movie was made by The Girl with the Dragon Tattoo director Niels Arden Oplev. I liked the edgy atmosphere but was troubled by plot holes big enough for Andre the Giant to walk through (this was, after all, produced by World Wrestling Entertainment). I don't always demand logic, but when you have a story this simple, the characters have to act within their boundaries. It doesn't make them more interesting when they behave erratically, just less interesting and harder to connect to.

MB: There were other oddities as well. Rapace's scars earned her the nickname "the monster" but any charitable plastic surgeon could have given her the $80K pro bono job that would have solved her problem — no need for a hit man. Frankly, F. Murray Abraham's skin was a lot scarier.

RC: I liked seeing Abraham. In fact, I liked a lot of the performances here. Farrell brings his usual brooding intensity to the role of Victor. Rapace's exotic, otherworldly presence nicely complements the film's off-kilter feel — you wouldn't expect the girl with the dragon tattoo to play a passive girlfriend role and she doesn't, up to a point, and Terence Howard is a good menacing bad guy, but the movie's tale of revenge simply isn't sturdy enough to hold the whole thing together.

MB: Agree with you about the acting, although the bad guys were pretty generic. With one exception: I thought Dominic Cooper turned in a nuanced performance as Farrell's emotionally charged wingman.

Sharability



Fantasy/Adventure

Oz the Great and Powerful

Director. Sam Raimi

Stars. James Franco, Mila Kunis

Put up against the 1939 classic, The Wizard of Oz, Sam Raimi's Oz the Great and Powerful isn't exactly great and certainly not powerful. Sure, the 3D-effect-laden spectacle is effectively engaging, but the familiar story about how an ego-driven carnival magician (James Franco) became the wonderful wiz is simply uninspired. It will surely attract hardcore Oz fans, but for most, you'll be thinking somewhere over the rainbow, there must to be something better.

STEVE GOW

What would you do if you witnessed a murder?

Viral video. A controversial promo video and social experiment has prompted a discussion around the ethics of viral marketing

MICHELLE CASTILLO
Metro World News

What would you do if you saw a man strangling another man in an elevator? Would you step in and help? Would you call the authorities? Would you run like hell?

Some pseudo sociologists-turned-filmmakers decided to test people's reactions to this shocking scenario in an online video called Elevator Murder Experiment.

It's actually an advertisement for Dead Man Down, the latest film from the original The Girl With The Dragon Tattoo director Niels Arden Oplev (and starring Noomi Rapace and Colin Farrell). The YouTube clip was created by viral video marketing agency Thinkmodo. So far, it has more than 2 million views.

"At no point was anyone in danger, even though it looks like it at some points," Michael Krivicka, co-founder of Thinkmodo and director of the elevator video, told Metro World News. He hoped it would spark debate.

All but one of the reactions were completely real, claims the director, including the guy who uses a fire extinguisher. In order to tie the project to Dead Man Down, the last subject — a man who shows up with his dogs and films the murder with his cell phone — was actually an actor.

A YouTube video promoting the movie Dead Man Down has sparked online debate. HANDOUT

The staged part mimics a key scene in the film where one main character witnesses another lead character strangling someone to death. She too records the incident on her phone — and later uses it for blackmail.

But many commenters seem confused, with some saying it could have gone all wrong if a bystander had a gun — or calling it out as a fake. That's OK with Krivicka. "There is a big difference between advertising and viral marketing," he says.

"A viral marketing video is designed to start conversations around the movie."

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LONG, long, Long, LONG
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Introducing the all-new, redesigned 2013 RAV4. With a new dynamic All-Wheel Drive system that enhances both traction and handling on various road surfaces, you can enjoy a fun drive wherever you want to go. RAV4 – it's built for how you live your life. And how you play.

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†Model shown is a 2013 RAV4 AWD Limited with an MSRP starting from $31,700. MSRPs do not include freight and PDI ($1,690), license, insurance, registration, applicable taxes, levies and fees. Dealer may sell for less.

THESE PAGES COVER MOVIE START TIMES FROM FRI., MAR.8 TO THURS., MAR. 14. TIMES ARE SUBJECT TO CHANGE. COMPLETE LISTINGS ARE ALSO AVAILABLE AT METRONEWS.CA/MOVIES.

Southland Mall
3025 Gordon Rd., 306-585-7442

Django Unchained (14A) Fri-Sun 1:35-5-8:30 Mon-Thu 7:30
Hansel & Gretel: Witch Hunters (18A) Fri-Sun 1:55-4:55-7:30-10:15 Mon-Thu 6:20-8:50 Identity Thief (14A) Fri-Sun 1:45-4:30-7:15-9:45 Mon-Thu 6:15-8:55
Jack the Giant Slayer 3D (PG) No Passes Fri-Sun 1:25-4:10-6:45-9:25 No Passes Mon-Thu 5:55-8:40
The Last Exorcism Part II (14A) Fri-Sun 2:10-4:20-7:40-10:20 Mon-Thu 6:05-8:15
Life of Pi (G) Fri-Sun 1:10-3:55-6:50-9:35 Mon-Thu 5:50-8:35 Star & Strollers Screening Wed 1
A Moment in Time (G) Fri-Sun 2-4:40-7:25-9:50 Mon-Thu 5:30-7:50
Oz the Great and Powerful 3D (PG) No Passes Fri-Sun 12:50-3:45-7-10:05 No Passes Mon-Thu 5:20-8:10
Silver Linings Playbook (14A) Fri-Sun 1-4:05-7:10-10 Mon-Thu 5:40-8:25 Star & Strollers Screening Wed 1
Zero Dark Thirty (14A) Fri-Sun 1:15-4:45-8:15 Mon-Thu 7

Galaxy Cinemas Normanview S.C.
420 McCarthy Blvd. N. Unit 26, 306-522-9098

21 and Over (14A) Fri-Sat 12:45-3:05-5:25-7:45-10:10 Sun 12-3:05-5:25-7:45-10:10 Mon-Wed 8:05-10:25 Thu 7:30-10:15
The Call (14A) Thu 10
Dark Skies (14A) Fri-Sun 9:45 Mon-Thu 9:35
Dead Man Down (STC) Fri 2:10-5-8-10:40 Sat 11:20-2:10-5-8-10:40 Sun 2:10-5-8-10:40 Mon-Thu 7:50-10:25
Escape From Planet Earth (G) Fri-Sun 12:15
Escape From Planet Earth 3D (G) Fri-Sun 2:35-4:55-7:20 Mon-Thu 7:20
Ferocious (STC) Fri 12-2:25-4:45-7:15-10:05 Sat-Sun 12-2:25-4:45-7:15-9:40 Mon-Thu 7:15-9:40
Funny Face (STC) Sun 12:45 Wed 7
Happy Feet (G) Sat 11
Identity Thief (14A) Fri-Sun 12:25-3-5:35-8:10-10:45 Mon-Thu 7:40-10:20
The Incredible Burt Wonderstone (PG) Thu 10:10
Jack the Giant Slayer 3D (PG) No Passes Fri 1:45-4:25-7:05-9:50 No Passes Sat 11:05-1:45-4:25-7:05-9:50 No Passes Sun 1:45-4:25-7:05-9:50 No Passes Mon-Thu 7:05-9:50
Madoka Magica Part 1: Beginnings (STC) Thu 7:30
Oz the Great and Powerful (PG) No Passes Fri-Sun 12:30-3:35
Oz the Great and Powerful 3D (PG) No Passes Fri-Sun 6:55-10 No Passes Mon-Thu 7-10 No Passes Fri-Sun 1:30-4:35-7:40-10:45 No Passes Mon-Thu 7:35-10:30
Safe Haven (PG) Fri-Sun 2-4:40-7:30-10:20 Mon-Tue 7:30-10:10 Wed 10:10 Thu 7
Snitch (PG) Fri 2:20-5:10-7:55-10:30 Sat 11:40-2:20-5:10-7:55-10:30 Sun 2:20-5:10-7:55-10:30 Mon-Wed 7:55-10:30

Kramer IMAX Theatre
2903 Powerhouse Dr., 306-522-4629

The Hobbit: An Unexpected Journey (PG) Fri-Sun 3-8:15
No Films Showing Today (STC) Mon
Sea Rex: Journey to a Prehistoric World 3D (STC) Fri 1:45 Sat-Sun 12:30-7 Tue-Thu 1:45-4:15-8:15
To the Arctic 3D (G) Fri 12:30-7 Sat-Sun 1:45 Tue-Thu 12:30-3-7

Paradise Cinema
1011 N. Devonshire Dr., 306-522-7888

Django Unchained (14A) Fri-Thu 9
The Hobbit: An Unexpected Journey (PG) Fri-Sun 1:10-7:15 Mon-Thu 7:15
Wreck-It Ralph (G) Fri-Sun 1:30-4-7 Mon-Thu 7

Golden Mile
3806 Albert St., 306-359-5250

Argo (PG) Fri-Thu 1:20-3:45-6:30-9:30
Gangster Squad (14A) Fri-Thu 1:15-3:50-6:40-9:30
A Good Day to Die Hard (14A) Fri-Wed 1:10-3:45-6:55-9:25 Thu 3:45-6:55-9:25 Thu 1
Hotel Transylvania (G) Fri-Thu 1:35-3:50
Lincoln (PG) Fri-Thu 2:10-7:20
Les Misérables (PG) Fri-Thu 2-7:15
Parental Guidance (G) Fri-Thu 1:40-4:05-7-9:50
Rise of the Guardians (G) Fri-Thu 1:30-3:55-6:45
This Is 40 (14A) Fri-Thu 6:35-9:20

Regina Public Library Film Theatre
23 11 12th Ave., 306-777-6104

56 Up (STC) Fri 9 Sat 7 Sun 9
Herman's House (STC) Fri 7 Sat 9:30 Sun 7
Hyde Park on Hudson (PG) Thu 7
No Films Showing Today (STC) Mon-Tue
Tatsumi (STC) Thu 9
Wednesday Plus (STC) Wed 7

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Demi Moore ALL PHOTOS GETTY IMAGES

Demi files divorce papers 16 months after separation

Demi Moore is finally filing divorce papers to end her marriage with Ashton Kutcher, according to Page Six.

The news comes 16 months after their initial separation — and three months after Kutcher's own filing. So what was the holdup?

A source claims Moore had been trying to reach a confidential settlement with Kutcher about his income but has given up on the negotiations.

"Ashton made a lot of money after marrying Demi — a lot more than she made — but despite him becoming just as famous through her, he believes he doesn't owe her that much, the source says.

Jake Gyllenhaal

Gyllenhaal gets spun by a model

Jake Gyllenhaal has a new lady in his life, and he reportedly met her in a spin class.

Gyllenhaal and Sports Illustrated swimsuit model Emily DiDonato have been dating "for a month or two," a source tells Us Weekly. The pair met at New York's SpinCycle exercise studio.

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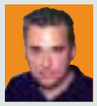
Liquid Assets

Drink outside the glass



LIQUID ASSETS
Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca

It doesn't matter if you're a novice or an aficionado, falling into a wine rut can happen to the best of us. What I mean is losing that drive to discover new wines and getting trapped in the drudgery of drinking the same old thing.

There's something comforting about knowing what you're going to find in your glass. And the more familiar the liquid, the less stressful the buy.

If you really love wine though, you're going to have to break out and experiment if you're ever going to expand your horizons. And there's no better way than drinking from an unfamiliar country.

While Portugal isn't exactly undiscovered (it's been pumping out the world's best fortified wines for centuries), it has languished in Spain's shadow.

José Maria da Fonseca's 2010 Periquita ($7.95 to $11.99) is a good bottle to help you get acquainted.

This balanced, dark-berried red has Mediterranean flair and a price tag that's easy on the wallet.

Six months aging in oak provides it with more than enough structure to match with your favourite meaty pasta dish. **PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.**

Forget the oven, this slow-cooker recipe will impress all lasagna lovers. GAV MARTELL OF YUMMYMUMMYCLUB.CA

A slow-cooked cheesy and meaty sensation

Slow-Cooker Lasagna. All the delicious flavour of the Italian fave, none of the oven

GAV MARTELL
YummyMummyClub.ca

I was a bit hesitant the first time I made lasagna in my slow cooker. Would the noodles be too mushy? Would it stand up to the oven-baked lasagna that my family knows and loves?

I'm happy to say that this has now become our go-to lasagna recipe and my kids insist it makes it onto our meal plan each and every week.

1. Heat olive oil in a pot over medium heat. Add fennel, give it a stir then add beef, salt and pepper. Cook until the meat is browned, about 10 minutes. Add tomato sauce and water and bring to a simmer.

2. In another bowl combine the ricotta, parsley, salt and pepper. Set aside.

3. Spread a thin layer of the sauce on the bottom of the slow-cooker. Cover the sauce with a single layer of uncooked lasagna noodles, breaking the noodles as needed to fit. Spread about 1/4 of the ricotta mixture over the noodles. Top with a thin layer of the sauce, then sprinkle with about 1/4 of the mozzarella and Parmigiano-Reggiano.

4. Repeat layering 3 or 4 times. Top with a final layer of noodles, sauce and a sprinkling of mozzarella and Parmigiano-Reggiano.

5. Cover and cook on low until cooked through, about 4 hours. **YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD.**

Ingredients

- 1 tbsp olive oil
- 1 pinch fennel seeds, crushed
- 1 lb lean ground beef
- 1/2 tsp salt
- 1/4 tsp black pepper
- 3 cups tomato sauce
- 2 cups water
- 1 lb ricotta cheese
- 2 tbsp chopped fresh parsley
- Kosher salt and pepper, to taste
- 1 box (about 18) lasagna noodles (Do not use no-cook noodles)
- 4 cups mozzarella, grated
- 1/2 cup Parmigiano-Reggiano cheese, finely grated

Slow down to get started

Mornings are hectic for many families. Between getting out the door to school on weekdays and extracurricular activities on weekends, finding the time to cook and eat breakfast can be a challenge.

A national poll of Canadian family breakfast habits recently found that half of Canadian families (49 per cent) spend less than 10 minutes preparing breakfast, while more than half (60 per cent) spend less than 15 minutes eating it.

So, to make your day easier, try this Slow Cooker Peaches 'n' Cream Oatmeal.

1. Lightly grease inside of slow cooker. Add oats, salt, sugar, ginger, juice beverage, milk, water, vanilla and peaches; stir together. Cover and cook on low for 6 hours. If needed, set slow cooker to keep oatmeal warm until ready to enjoy. Spoon into bowls; drizzle with milk if desired.

NEWS CANADA/ MINUTEMAID.CA

Ingredients

- 1 1/3 cups steel-cut oats
- 3/4 tsp salt
- 3 tbsp packed brown sugar
- 1 tsp ground ginger
- 2 cups Minute Maid Chilled Peach Juice Beverage
- 1 cup milk
- 1 cup water
- 1 tbsp vanilla
- 2 cups frozen peaches
- milk or cream (optional)

This recipe serves six. NEWS CANADA

Molleken returns to North America for WBC

Big in Japan. After crossing the Pacific for playing time, Regina native looks to turn heads at World Baseball Classic

Canadian reliever Dustin Molleken, right, celebrates with catcher Emerson Frostad after getting the last out during the seventh inning of a Baseball World Cup game against South Korea in Aguadulce, Panama, in October 2011.
ANDRES LEIGHTON/THE ASSOCIATED PRESS FILE

Dustin Molleken couldn't concentrate. Twice he had to step off the mound to keep from being overwhelmed by the moment.

Pitching for the Hokkaido Nippon-Ham Fighters in the Japanese Championship Series last season, the Regina native stood in the middle of a deafening Tokyo Dome and savoured where his career had taken him.

"The atmosphere in the stadium was so high and energy was going, the stadium was shaking. I had to step off and I was like, 'Wow, this is unbelievable,'" he said.

"It was an experience and it was the best feeling I've had."

Molleken wasn't alone. His friend Scott Mathieson was also there playing for the Yomiuri Giants, making them the first Canadians to ever play in the championship.

"The fans are crazy. The atmosphere is crazy. It's a great team and the baseball's a lot better than I think a lot of people expect," said Mathieson.

The two right-handed relievers are temporarily back in North America to play for Canada at the World Baseball Classic. Mathieson, from Aldergrove, B.C., played for Canada at the 2006 WBC, while Molleken is making his debut. Their friendship goes back 10 years when they were 18 and playing for the junior national team.

Middling careers in the majors gave them both incentive to jump the Pacific.

Mathieson made his major-league debut with Philadelphia in 2006, but injuries cost him playing time and after just four games in the majors in 2011, he figured he'd rather play with Yomiuri than barely at all in the majors.

Molleken, meanwhile, is hoping Japan and the WBC provide the attention of major-league teams he couldn't otherwise get.

Unlike Mathieson, Molleken never pitched in the majors. In his last season he made 40 appearances for the Colorado Rockies' triple-A team, then moved to Japan after the all-star break.

"The money's great. It was just fun," said Molleken, who is returning to the Ham Fighters after the WBC. "I had no big-league time over here, so it was time for me to go over there."

THE CANADIAN PRESS

Quoted

"They were on their feet from the first inning to the ninth inning. It's an experience. It's awesome."

Regina's Dustin Molleken on his first appearance with Japan's Nippon-Ham Fighters

Lawrie lost to Canada

Brett Lawrie has been forced off Canada's roster with a rib strain one day before the teams' first game at the World Baseball Classic against Italy.

- The Toronto Blue Jays third baseman, who felt discomfort in his left side during an exhibition game against the Cincinnati Reds on Wednesday, said he was disappointed but felt it was more important to keep healthy with the major-league season quickly approaching.

NHL

NHLPA agrees to realignment, board still must OK

It looks like the NHL is getting a new look.

Agreement on a realignment plan was announced in a pair of short statements from the NHL Players' Association and the league on Thursday.

The NHLPA said it has agreed to realignment next season, to be re-evaluated following the 2014-15 season.

The league confirmed the move, saying the next step is to take the plan to the league's board of governors.

Neither side revealed the plan but it is widely believed to have two conferences, each with two divisions.

Detroit shifts to the East and Winnipeg moves to the West.

The Eastern Conference would look like this:

Atlantic Division: Carolina, Columbus, New Jersey, New York Islanders, New York Rangers, Philadelphia, Pittsburgh, Washington.

Central Division: Boston, Buffalo, Detroit, Florida, Montreal, Ottawa, Tampa Bay, Toronto.

The Western Conference would shape up this way:

Midwest Division: Chicago, Colorado, Dallas, Minnesota, Nashville, St. Louis, Winnipeg.

Pacific Division: Anaheim, Calgary, Edmonton, Los Angeles, Phoenix, San Jose, Vancouver.

That means 16 teams in the East and 14 in the West.

The top three teams from each division would advance to the playoffs along with the next two teams in the conference with the most points.

THE CANADIAN PRESS

NHL. Pronger still hopes to return from concussion

Chris Pronger isn't ready to retire, even though a concussion specialist has advised him not to return to hockey.

The former NHL MVP has not played for the Flyers since Nov. 19, 2011, and still suffers from lingering effects of multiple concussions. He says Thursday he's simply trying to get healthy and live a normal life, but he wouldn't rule out attempting a return if physically possible. THE ASSOCIATED PRESS

Quoted

"It will be difficult, but the good things in life are never easy."

Chris Pronger on returning to the NHL after multiple concussions.

WHL

Raiders, Blades on tap for Pats this weekend

The Regina Pats are playing two games this weekend, one home and one away.

The Pats (24-36-7) will be hosting the Prince Albert Raiders (35-26-6) on Friday at 7 p.m. at the Brandt Centre before hitting the road to play the Saskatoon Blades (41-22-4) on Saturday at 7:05 p.m.

METRO

MLB. Yanks' Rivera will close out career after 2013

The great Mariano Rivera is getting set to close his career.

The New York Yankees reliever plans to announce this weekend that he will retire after the 2013 season, a person familiar with the decision told The Associated Press on Thursday.

The person spoke to the AP on condition of anonymity because there was no official statement. A news conference was called for Saturday at the Yankees' spring training complex in Tampa, Fla.

Mariano Rivera
THE ASSOCIATED PRESS FILE

THE ASSOCIATED PRESS

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
It's not wrong to be ambitious. If someone tries to stop you from following the path that is right for you, come out fighting. It's your future.

♉ Taurus
April 21 - May 21
What would you do if you knew that success was inevitable? Whatever it is, the planets indicate that it's closer than you think. It will get closer still if you have the courage to reach for it.

♊ Gemini
May 22 - June 21
A positive attitude is a must today, especially if you are the kind of Gemini who has a tendency to worry for no good reason. Even if you encounter opposition, you have what it takes to win — and win well.

♋ Cancer
June 22 - July 23
You need to be honest about your feelings. You need to open up and let loved ones know why you feel a little down. After that, you need to wise up and realize that your "troubles" are quite minor.

♌ Leo
July 24 - Aug. 23
Someone who says they are your friend is, in reality, trying to undermine you. You may not yet have enough evidence to confront them but you must trust your intuition and keep them at arm's length.

♍ Virgo
Aug. 24 - Sept. 23
You will have to change your opinion about someone today after finding out you were completely wrong about what they are up to. And if you spoke up about your doubts you may have to apologize.

♎ Libra
Sept. 24 - Oct. 23
You are far too nice to turn your back on a friend in need. Just make sure they realize that once you have helped them get back on their feet, the rest is up to them. Don't let them become dependent on you.

♏ Scorpio
Oct. 24 - Nov. 22
Some tough decisions will have to be made over the next few days, but you know if you leave it much longer it could make matters worse. Call on your Pluto power to give you the strength you will need.

♐ Sagittarius
Nov. 23 - Dec. 21
There is a chance something you have grown used to will go out of your life, either today or over the weekend. There is no point making a fuss about it. Make peace and move on.

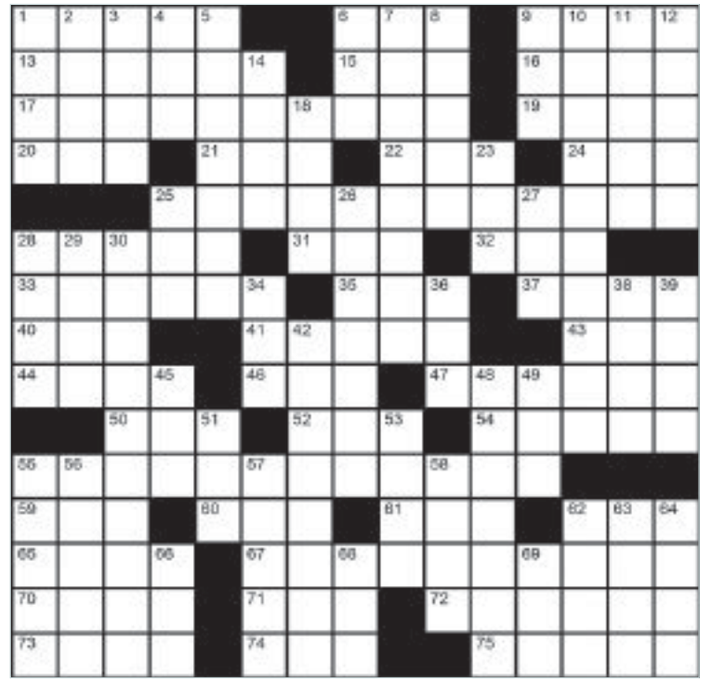
♑ Capricorn
Dec. 22 - Jan. 20
You need to have a clear idea of what it is you most want to accomplish, because only then are you likely to make progress. Once you know where you need to go, no power on earth can stop you.

♒ Aquarius
Jan. 21 - Feb. 19
You may have every reason to get angry with someone today but it could rebound on you in unexpected ways. Both Saturn and Pluto urge you to calm down and see the bigger picture. Strive for moderation.

♓ Pisces
Feb. 20 - March 20
You have so much energy but what are you going to do with? Whatever it is, make it something that will stay with you long-term. A new creative project of some kind would be good. SALLY BROMPTON

Crossword: Canada Across and Down

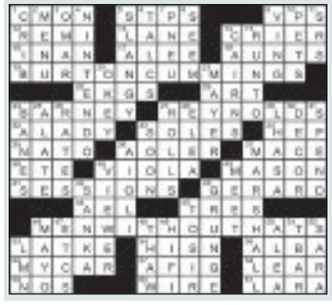
BY KELLY ANN BUCHANAN



Across
1. Acknowledge
6. Suppositions
9. "Fly __ Home" (1996)
13. TV brothers Frasier and Niles
15. "Bravo!"
16. Roller coaster cry!
17. CBC's "__ __ Report"
19. Mona __ (Painting)
20. Mil.'s special __
21. Before
22. JT's "Suit & __"
24. Target-shooting event, French style
25. Relic's classic Canadian series, "The __"
28. Fermented rice drinks
31. Homer Simpson's sound!
32. Music syllable [var. sp.]
33. Make
35. Mr. Brooks
37. All two
40. One-eighty turn, in slang
41. Gawk
43. Charlotte of "The Facts of Life"
44. Zap with a stun gun
46. Farm animal
47. Chooses to partake: 2 wds.
50. Bit
52. Masc. opposite
54. Movie†projector attachments
55. Canadian landscape painters, famously: 3 wds.
59. "1-2-3": 1965 hit for __ Barry
60. Org. in "Michael Col-
61. Shakespearean word
62. Mr. Vigoda
65. "__ Around" by The Beach Boys
67. "Snowbird" songbird: 2 wds.
70. Gladiator's 165
71. Muscle: Prefix
72. Hockey's Conn __ Trophy
73. Idol alum
et al.
74. Halifax hrs.
75. Wests opposites

Down
1. Prefix to 'phobia' (Fear of heights)
2. Leaky faucet sound
3. Big __ (McDonald's burgers)
4. Pen's content
5. Fantastical play by Shakespeare, The __
6. Winter/Summer games org.
7. The Bounty mutineer, __ Christian
8. Prefix to 'comedy' (Comedic drama)
9. Hole-punching tool
10. Yukon capital
11. Pantheon of Norse gods
12. "The Wonder __"
14. What will be, will be... when doubled, it follows Que
18. Got, as a parcel [abbr.]
23. Bad __ (German spa resort)
25. Actress Ms. Arthur, for short
26. Tributes
27. Mr. Dylan
28. Rabbit-style tail
29. Region
30. __ __ __ pipeline (News-making project)
34. Paranormal power, briefly
36. Writer Mr. Tolstoy
38. Kite part
39. Barn birds
42. "Breakfast at __" (1961)
45. __ de cologne
48. Suppose
49. X
51. Printer resolution meas.
53. Give out
55. Martin Short character, Jiminy __
56. Ruler: French
57. 'Pan' add-on (Scene)
58. Vitalities
62. __ & Sciences
63. Thailand currency
64. Views
66. Tellies
68. Negative word
69. Scandinavian rug

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

5	4	8	7	2	3	9	1	6
3	6	9	1	4	5	7	8	2
7	2	1	9	6	8	3	4	5
2	9	5	3	1	4	6	7	8
4	1	7	6	8	9	5	2	3
6	8	3	2	5	7	1	9	4
9	5	2	4	7	6	8	3	1
1	3	6	8	9	2	4	5	7
8	7	4	5	3	1	2	6	9

1		3				9		7
	4		6		7		8	
7								6
		1	4		6	3		
	7						6	
		2	5		9	1		
9								3
	1		8		2		9	
2		7				4		8

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-9°/-17°
Variable
Saturday
-8°/-18°
Variable
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